Wellness Wednesday

Wednesday May 11, 2022

This week, the Mental Health and Wellness department is encouraging the UCDSB community to *stop and smell the flowers* with Mindfulness practices. Spring is in the air! With spring, comes the warm sun, fresh air, and the sights and sounds of new life all around us making this a perfect time to reflect on our habits and be more intentional about our daily practices.

What is Mindfulness?
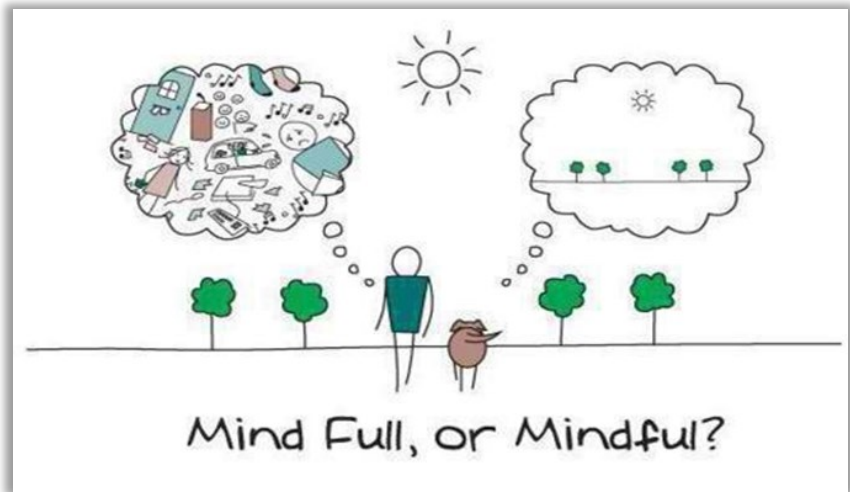
Being mindful means intentionally focusing your attention on the present moment in a non-judgmental way. Mindfulness is a way to bring your thoughts from worries about the future or thoughts about the past back the present moment. Share this video with your students to learn more about Mindfulness together.

What can you do to promote mindfulness in the classroom?

Try having Two Minutes of Mindfulness in your classroom to help students be more present in their daily interactions with others.

You may also encourage your students to go for a Mindful Walk. Practicing mindfulness during a walk is easy! Just pay attention to what you see, hear, feel and smell rather than staying "in your head." Notice the sensations in your body as you take steps and breath the fresh air!

Below, you will find Mindfulness activities that are promoted by Kids Help Phone.

Mindfulness Colouring Book
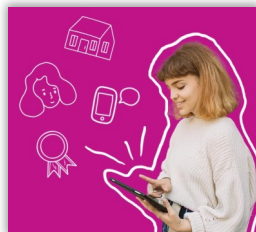
Creative Workbook for Self-Awareness

Fun, Healthy and Adaptable Mindfulness Tools

May 17 is the International Day Against Homophobia, Transphobia and Biphobia. On this day we pause, reflect and give empathy to any person experiencing the effects of discrimination and bias.

Reflection questions to consider with your students in a discussion or classroom circle:

Do we promote an inclusive, mentally healthy and safe classroom, hallway, bathroom, etc...for everyone?

What more can we do to ensure that everyone feels safe and can show up as exactly who they are?

What can we do when we see, hear, or experience discrimination or bullying?
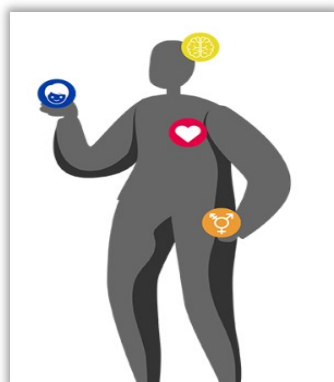
The Genderbred Person: Components of Human Identity